

# COOKIN' GONE WILD

## RECIPES FOR INDIANA'S WILD GAME



# Seared Duck Breast with Citrus Cranberry Sauce



**2 servings**

## **Ingredients:**

2 boneless skinless duck breasts  
2 tbs butter  
Salt  
Pepper

## **Sauce:**

1 bag fresh cranberries  
1 to 2 fresh oranges (squeezed) and zested  
2 medium pears (diced)  
½ cup sugar  
1 tsp ginger  
1 tsp cinnamon  
½ cup water

## **Preparation:**

### **Citrus pear cranberry sauce:**

Add ½ cup water to medium saucepan. Stir in cranberries, pears, sugar, orange juice, orange zest, cinnamon, and ginger. Stir and bring to a rolling boil. Once, boiling reduce heat to low and simmer. Continue to stir until pears and cranberries are soft (around 25 mins). Place in container to cool in the refrigerator or freezer .

### **Duck breast:**

Place duck breasts between two pieces of cling wrap. Pound duck breast with a meat mallet to achieve even thickness, starting in the middle and working outward. Melt one tbs butter in a large skillet over medium heat. Season with salt and pepper to taste. Add duck to skillet and cook for 4 to 5 minutes, turn breast over and cook an additional 4 minutes. Duck will be medium rare.

# Pecan Cherry Wild Rice

**Serves 4**

## **Ingredients:**

1 ½ cups Chicken broth  
1 box quick cook wild rice (plus any oil required by directions)  
Salt  
Pepper  
3 tbs butter  
¾ cup Dried cherries  
1 large Apple (diced)  
½ cup chopped carrots  
½ cup chopped pecans

## **Preparation:**

Bring medium saucepan of water to a boil, follow directions on box of wild rice for preparation. Cook rice allotted time.

Melt butter in large skillet over medium heat. Add in carrots and apple and sauté for 5-7 minutes (until carrots and apple is soft). Add carrots, apples, chicken broth, and dried cherries to the rice. Simmer until liquid is reduced (10 minutes). Add in pecans and stir.





# Venison Steak with Blue Cheese Sauce

Serves 2

## Ingredients:

2 venison steaks  
1 tsp Salt  
1 tsp Pepper  
1 tbs E.V. Olive oil  
Fresh herbs (optional)  
1/2 clove fresh Garlic

8 oz blue cheese crumbles  
2 tbs butter  
2 tsp garlic  
1 tsp cayenne pepper (optional)  
2 tbs milk or cream  
Salt  
Pepper  
1 tsp flour

## Preparation:

Season venison steaks with salt, pepper, herbs, garlic and olive oil. Place in refrigerator overnight or for 2 hours to marinate.

Remove steaks from refrigerator. Heat a medium skillet to medium-high heat. Place venison steaks into hot pan (or cook on the grill to your desired temperature). Do not overcook, venison is best medium or less.

In the same skillet (or separate skillet if prepared on the grill), add in butter and flour. Reduce heat to medium low. Continually stir the flour and butter mixture until it is light brown in color. Slowly add in milk or cream and blue cheese. Continue to stir until most blue cheese has melted. (This sauce is also good on vegetables). Add in cayenne pepper and salt/pepper to taste. Serve warm over the venison steak. Enjoy!



# Venison Parmesan

Serves 2

## Ingredients:

**2 venison steaks (from the backstraps)**

**1.5 cups Panko bread-crumbs**

**1 egg**

**2 tbs milk**

**2 tbs butter**

**1 tsp Italian seasoning**

**1 tsp powdered garlic**

**1 tsp salt**

**1 tsp pepper**

**3 tbs grated parmesan cheese**

**1/2 cup diced mushrooms**

**1/2 cup diced yellow bell pepper**

**1/2 cup diced onion**

**1 tbs olive oil**

**1/2 box angel hair pasta**

**1 jar marinara sauce**

**1 block fresh mozzarella**



## Preparation:

Season venison steak with salt, pepper, and garlic for 2 hours in the refrigerator or overnight. Add milk and egg to a small bowl, whisk until it is consistent in appearance. In a separate bowl, add the panko breadcrumbs and Italian seasoning. Prepare the venison steaks by lightly flattening with a meat mallet to achieve an even thickness. Place each venison steak in the egg wash and then toss with panko breadcrumb mixture. Place butter in medium to large skillet and heat to medium to medium high. Place the panko covered venison into the skillet and cook for approximately 4-5 minutes on each side or until the breadcrumbs are golden brown.

Prepare pasta according to the instructions on the box.

Sautee mushrooms, bell pepper, and onion in olive oil over medium heat until onions are transparent. Add the marinara sauce to the vegetable mixture and continue to heat desired temperature over medium-low heat.

Layer pasta, sauce, and breaded venison. Cover with a few slice of fresh marinara and place under the broiler for approximately 2-3 minutes (until cheese is melted and bubbly). Enjoy!